

**prime Co ching**

**50**

**• Hockey target knockdown •**

Each team needs: 1 stick and ball, 3 witch hats, 3 cones

- Make a **tunnel path** with cones, leading up to a wall 3-4 meters away which has 3 targets
- Drizzle the ball as fast as you can straight through to the end of the tunnel then **drag** it
- Knockdown** the ball to try to knockdown a target (1 attempt) then drizzle the ball back

Keep going until your team has knocked down all the targets

**51**

**• Keep the ball up, then bounce in the hoop •**

Each team needs: 1 racket and ball, 1 hoop

- Walk and hit the ball up in the air with your racket, try to not let the ball hit the ground
- At the hoop, **catch** the ball on the ground with your racket 5 times
- Run back with the ball and racket

**52**

**• Bounce and hit the ball against the wall •**

Each team needs: 1 racket and ball, 1 cone

- Put a cone out ahead, and put it 2-3 meters in front of a wall
- Run up to the cone with your ball and racket, then bounce the ball then hit it against the wall 3 times
- Run back to the start

Keep your eyes on the ball, wait until it has bounced, and then swing the racket from **low to high**

Prime Coaching Relay Race pack 5

**prime Co ching**

**53**

**• Hockey dribbling through the hurdles •**

Each team needs: 1 stick and ball, 5 hurdles, 1 cone

- Put out the hurdles in a **wavy line** with a cone at the end
- Drizzle the ball through underneath the hurdles to the end cone
- Drizzle straight back down to the start

Use **small Co ching** to control the ball through the hurdles

**54**

**• Bean bag balancing and tossing •**

Each team needs: 1 racket, 1 bean bag each, 1 hoop, 1 cone

- Put a cone about 10 meters out, and a hoop 2-3 meters in front of the cone
- Balance** your bean bag on your racket and run up to the cone
- From the cone, **pass** the bean bag using your racket into the hoop
- If you get the bean bag in the hoop, leave it and run back - You get up to 3 chances to get it in

The first team to all have a go wins

Prime Coaching Relay Race pack 4

**prime Co ching**

**55**

**• Bean bag balancing •**

Each team needs: 1 racket, 1 bean bag for each player, 1 cone

- Put a hoop at the other end (around 10-15 meters out), and each player has a bean bag
- Balance the bean bag on your head and walk to the hoop - If you drop the bean bag, put it back on
- Drop the bean bag into the hoop and then run back to the start

Use big **straight arms** to help you balance, putting your arms out straight to the side

**56**

**• Crab and bear walking •**

Each team needs: 1 witch hat

- Put out a witch hat as an end marker about 10 meters out
- Crab** walk up to the witch hat cone (on all 4's, bellies facing the sky/ground)
- Bear** walk back to the start (on all 4's bellies facing the ground)

Prime Coaching Relay Race pack 6

**prime Co ching**

**57**

**• Zig-zag sprinting •**

Each team needs: 1 cone, 1 ball

- Put an end cone out 10-15 meters out
- Put the ball between your legs and jump all the way to the cone and back
- If you drop the ball, pick it up and put it back between your legs

**Saving your arms** to help you jump further

**58**

**• Hop through the hoops •**

Each team needs: 1 witch hat, 6 hoops

- Make a zig-zag line of 6 hoops, with a small gap in between each hoop, up to an end cone
- Hop off your **right leg** from hoop to hoop all the way to the end
- Then hop off your left leg back through the hoops to the start

**Band your arms** and swing your arms to help you jump further and higher

Prime Coaching Relay Race pack 7

# 25 easy to set up relay races.

**59**

**• Dribble through the gates •**

Each team needs: 1 ball, 4 pairs of cones (to make 'gates'), 1 cone with an end cone

- Drizzle the ball through the cones gates
- In the hoop, ball the ball around your waist 5 times, then dribble back using your left hand

Bounce the ball using your **fingertips**

**60**

**• Avoid the cones •**

Each team needs: 1 ball, 10 cones

- Drizzle through and avoid the cones to the end
- If your ball touches a cone, you must stop and put the ball around your waist once
- Drizzle back through the cones against to the start

Bounce the ball **below your waist** and keep it close to you

**61**

**• Bounce and body wrigs •**

Each team needs: 1 ball, 4 pairs of cones

- Drizzle through the cones to the end
- Put the ball between your legs and bounce it all the way to the cone and back
- Control the ball

Prime Coaching Relay Race pack 8

**prime Co ching**

**62**

**• Wave in and out then shoot •**

Each team needs: 1 ball, 4 pairs of cones

- Drizzle through the cones to the end
- Put out a **straight line** of cones leading up to a basketball hoop/sher
- Drizzle in and out of the cones to the last cone
- Have 2 cones shooting the ball into the net, then dribble back to the start

Step and **push** the ball high into the hoop with 2 hands

Prime Coaching Relay Race pack 9

**prime Co ching**

**63**

**• Chest pass against the wall •**

Each team needs: 1 ball, 1 cone

- Run up to the hoop, pick up the ball, then **chest pass** against the wall and catch it 3 times
- Put the ball back in the hoop then run back

When chest passing, hold the ball with 2 hands and **step and push** the ball out

**64**

**• Throw, clip and catch •**

Each team needs: 1 ball, 1 hoop, 1 cone

- Put out 2 cones, each with a ball on top, and a hoop at the end with a ball in it
- At each cone, pick up the ball, throw it up in the air, **clip** 3 times, then catch it - (put each ball back)
- At the hoop, throw the ball as high as you can and then catch it, put it back down then run back

Keep your eyes on the ball and move your hands **underneath** the ball when catching

Prime Coaching Relay Race pack 10

**prime Co ching**

**65**

**• Throw bean bags in the hoop •**

Each team needs: 1 ball, 1 hoop, 1 cone

- Put the bean bags in a hoop in front of the team, then a cone ahead with a hoop 2-3 meters in front of it
- Run to the 1st hoop to pick up a bean bag, then run to the cone and underneath throw it into the hoop
- If you get the bean bag in the hoop, leave it and run back - You get up to 3 chances to get it in

**Point** to your target and then step and **swing** your arm when underneath throwing

**66**

**• Overarm throw and catch •**

Each team needs: 1 ball, 1 hoop, 1 cone

- Put out a hoop at the end and a player standing in it, with a witch hat cone 3 meters in front of it
- Run up with the ball to the witch hat cone, and **throw** the ball to the player in the hoop to catch
- The thrower then goes to stand in the hoop, to become the catcher for the next player

The first team to have everyone have a turn as the catcher wins

**67**

**• 1 handed catch, and spin and catch •**

Each team needs: 1 ball, 1 hoop, 1 cone

- Put a hoop at the end with a ball in it, and a cone up halfway with a bean bag next to it
- Run up to the cone, pick up the bean bag, throw it in the air and catch it with 1 **hand**
- Then run to the hoop, pick up the ball, throw it up in the air, **spin around** then catch it
- Run back to the start, making sure you leave the bean bag at the cone and ball at the hoop

Prime Coaching Relay Race pack 11

**prime Co ching**

**68**

**• Zig-zags in & out •**

Each team needs: 1 ball, 7 cones

- Drizzle the ball in and out around each cone to the last cone
- Drizzle straight back to the start

Use your feet only, and keep the ball **close** to you

**69**

**• Dribble around the witch hat •**

Each team needs: 1 ball, 6 cones, 1 hoop

- Put an end cone 10-15 meters away, with a witch hat in the middle
- Drizzle the ball up to the witch hat, then **dribble around** it once, then up to the end
- Drizzle back to the witch hat and around it again, then back to the start

Use **small Co ching** to control the ball around the witch hat

Prime Coaching Relay Race pack 12

**prime Co ching**

**70**

**• Tunnel dribble & target knockdown •**

Each team needs: 1 stick and ball, 3 witch hats, 3 cones

- Make a **tunnel path** with cones, leading up to a wall 3-4 meters away which has 3 targets
- Drizzle the ball as fast as you can straight through to the end of the tunnel then **drag** it
- Knock the ball to try to knockdown a target (1 attempt) then drizzle the ball back

Keep going until your team has knocked down all the targets

**71**

**• Wave in and out & the top •**

Each team needs: 1 ball, 6 cones, 1 hoop

- Drizzle in and out of the cones without touching them, up to the hoop
- At the hoop, **kick** the ball with your foot 10 times, switching foot each tap
- Drizzle straight back

**72**

**• Push to the line •**

Each team needs: 1 ball, 2 cones

- Mark an 'end zone' line across, 15-20 meters away
- Drop kicking up the ball and kicking it until it reaches the end line, then run back with it
- Hold the ball out with 2 hands, **drop** it, then kick it before it hits the ground

Prime Coaching Relay Race pack 13



Thank you so much for previewing our rapid Relay Races PE skills pack!



We know you'll love what's inside – so simple to follow and so much fun time and time again



## 25 easy to set up relay races.

It's great addition to your PE lessons, sports carnivals and game days, giving your students the chance to practice key sport skills through thrilling races!

## ONLINE VIDEOS

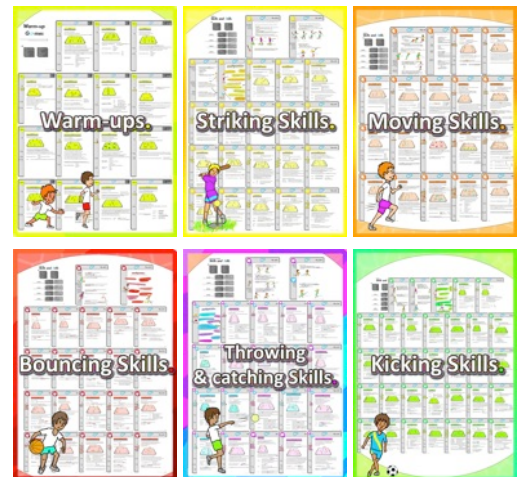
You'll also receive a private link to a playlist where you can watch all of the 25 races in action - I've set up and recorded each activity to show your kids, explaining what they need to do - That means even less hassle for you to worry about!

Don't forget to check out our other lower elementary packs:



2017-18 edition (best seller)

**Over 100 skills & games.**  
**Assessments.**  
**Bonus skills posters.**



## 60 PE stations

Rotate around the stations, it's great practice for all the skills!

**Printable station cards**

**Individual score sheets**

